

In the Claims

1. (currently amended) A method of adjusting resistance to exercise involving a dumbbell, comprising the steps of:

providing a weight supporting member having opposite end portions and an intermediate member extending therebetween;

providing a plurality of weight plates in alignment with the opposite end portions of the weight supporting member;

movably mounting first and second selector rods within the intermediate member; and

selectively moving the selector rods in opposite directions to engage respective weight plates at respective end portions of the weight supporting member.

2. (original) The method of claim 1, further comprising the step of constraining the selector rods to move simultaneously in opposite directions.

3. (newly added) The method of claim 1, wherein the weight supporting member is provided with a handle that extends between the opposite end portions at a distance apart from the intermediate member.

4. (newly added) The method of claim 1, wherein the moving step is performed by rotating at least one knob on the weight supporting member.

5. (newly added) The method of claim 1, further comprising the step of rigidly interconnecting pairs of similarly situated weight plates at opposite ends of the weight supporting member.

6. (newly added) A method of adjusting resistance to exercise involving a dumbbell, comprising the steps of:

providing a weight supporting member having opposite end portions and at least one intermediate member extending therebetween;

providing a plurality of weight plates proximate respective opposite end portions of the weight supporting member;

movably mounting first and second selector rods within the at least one intermediate member; and

selectively moving the selector rods in opposite directions to engage respective weight plates proximate respective end portions of the weight supporting member.

7. (newly added) The method of claim 6, further comprising the step of constraining the selector rods to move simultaneously in opposite directions.

8. (newly added) The method of claim 6, wherein the weight supporting member is provided with a handle that extends between the opposite end portions at a distance apart from the intermediate member.

9. (newly added) The method of claim 6, wherein the moving step is performed by rotating at least one knob on the weight supporting member.

10. (newly added) The method of claim 6, further comprising the step of rigidly interconnecting pairs of similarly situated weight plates at opposite ends of the weight supporting member.

11. (newly added) A method of adjusting resistance to exercise involving a dumbbell, comprising the steps of:

providing a weight supporting member having opposite end portions and at least one intermediate member extending therebetween;

providing a plurality of weight plates proximate respective opposite end portions of the weight supporting member;

rigidly interconnecting pairs of similarly situated weight plates at opposite ends of the weight supporting member to define respective weights;

movably mounting at least one selector rod on the weight supporting member;

rotatably mounting at least one knob on the weight supporting member; and

selectively rotating the at least one knob to move the at least one selector rod into engagement with the weights.

12. (newly added) The method of claim 11, wherein the at least one selector rod includes first and second selector rods, and further comprising the step of constraining the selector rods to move simultaneously in opposite directions.

13. (newly added) The method of claim 11, wherein the weight supporting member is provided with a handle that extends between the opposite end portions apart from the intermediate member.

14. (newly added) The method of claim 11, wherein the at least one selector rod is provided for movement inside the at least one intermediate member.

15. (newly added) A method of adjusting resistance to exercise involving a dumbbell, comprising the steps of:

providing a weight supporting member having opposite end portions and at least one intermediate member extending therebetween;

providing a plurality of weight plates proximate respective opposite end portions of the weight supporting member;

movably mounting at least one selector rod on the weight supporting member;

rotatably mounting at least one gear on the weight supporting member, and linking rotation of the gear to movement of the at least one selector rod; and

providing indicia on one of the gear and the at least one selector rod to indicate how much force is required to lift the weight supporting member as a function of how many of the weight plates are secured thereto.

16. (newly added) The method of claim 15, wherein the at least one selector rod is provided for movement inside the at least one intermediate member.

17. (newly added) The method of claim 15, further comprising the step of rigidly interconnecting pairs of similarly situated weight plates at opposite ends of the weight supporting member.

18. (newly added) The method of claim 15, wherein the at least one selector rod includes first and second selector rods, and further comprising the step of constraining the selector rods to move simultaneously in opposite directions.

19. (newly added) The method of claim 15, wherein the weight supporting member is provided with a handle that extends between the opposite end portions at a distance apart from the intermediate member.

20. (newly added) A method of adjusting resistance to exercise involving a dumbbell, comprising the steps of:

providing a weight supporting member having opposite end portions and at least one intermediate member extending therebetween;

providing a plurality of weight plates proximate respective opposite end portions of the weight supporting member;

movably mounting at least one selector rod within the at least one intermediate member;

providing at least one user operated member on an external portion of the weight support member;

linking the at least one user operated member to the at least one selector rod; and

operating the at least one user operated member to selectively move the at least one selector rod into engagement with the weight plates at at least one end of the weight supporting member.